


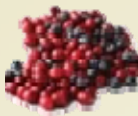



To A Healthier You



November 2007

Sunday	Monday	Tuesday	Wednesday	Thursday ¹	Friday ²	Saturday ³
				November is American Diabetes Month. The risk for Type II Diabetes can be reduced by maintaining a healthy body weight, choosing a nutritious diet, and engaging in physical activity.	Add a sharper memory to the long list of benefits of a brisk walk. www.acefitness.org 	Can't get motivated to exercise on your own? Check your local gym for a personal trainer, or find a friend who will work-out or just walk with you.
4 During the holiday season, remember to simplify your routine, take time-outs, avoid creating money problems, get outdoors, and don't overdo. www.meredy.com	5 Remember to make the elderly feel an important part of the family during the holiday season. www.meredy.com	6 Use the holidays to create quality family time. Turn off the TV and play ball with the kids. www.americanheart.org	7 Don't starve yourself the day of a party so you can fill up on food that evening. Eat normally throughout the day so that you'll be less likely to party-binge.	8 Cravings for sweets sometimes evaporate when you put something pickled or spicy in your mouth. diet.ivillage.com	9 Just three weeks of healthy eating and daily moderate exercise can significantly reduce a man's risk of heart disease by lowering both blood pressure and cholesterol levels. www.acefitness.org	10 Give your food time to settle before you go back for seconds. If you're obsessed with ideas about food, find someone interesting to talk to instead.
11 Plan to use small plates throughout the holidays to help you with portion control.	12 Start your morning with a bowl of warm oatmeal and your favorite fresh fruit. 	13 If you can't abstain from problem foods all of the time during the holidays, abstain from them most of the time. diet.ivillage.com	14 Try chopping some figs and adding them to your cereal for extra sweetness and nutrition. 	15 Flying for the holidays? Instead of sitting around waiting for your flight, walk around the airport; browse the gift shops. running.about.com	16 Add dried cranberries to a rice dish to add flavor and color. 	17 Plan your menu several weeks before the holiday. Shopping early will ease the countdown tension for your Thanksgiving meal. www.fsis.usda.gov
18 Remember that holiday parties are not just about food. They're also about people.	19 Have to travel with kids for the holiday? Pack the night before, and allow plenty of time for the trip including meal stops, bathroom stops, and stretch-your-legs stops. (Bring a frisbee or a ball for exercise at rest stops.) travelwithkids.about.com	20 Bring a colorful vegetable platter to work to celebrate the holidays. Substituting fruits and vegetables for other higher calorie options can help maintain your weight during the holidays.	21 If you are marinating your turkey for the holiday, marinate it in the frig. Before cooking, scrape off excess marinade and discard. Do NOT re-use marinade to baste the turkey.	22 Happy Thanksgiving Holiday! Try to eat only until you feel satisfied and not stuffed. Go for the dishes with the fruits and veggies in them. Relax and enjoy your meal. Try to take at least a 30-minute walk sometime after dinner to get your body moving.	23 Left-over cooked turkey can be used for stir-fry dishes, pizzas, frittatas, fajitas, casseroles, chilis, sandwiches, salads and soup. For more ideas go to www.eatturkey.com	24 Eat reasonably small portions, limit the foods you know you should limit, and don't stuff yourself. diet.ivillage.com
25 Forget a few items needed for your Sunday dinner? Save gas and take a quick walk to your neighborhood store. What you save in gas may compensate for higher "in-the-hood" prices.	26 Do some stretches, yoga, or calisthenics before you leave your room in the morning. running.about.com	27 Get the whole family out for a 20-minute brisk walk.	28 Keep a record of your activities. Reward yourself at special milestones. www.americanheart.org 	29 Hosting a party? Set out bite-sized, healthy snacks such as popcorn, raisins or nuts in brandy snifters. That way guests will have to pick up the glass and pour a few into their hand. www.americanheart.org/	30	